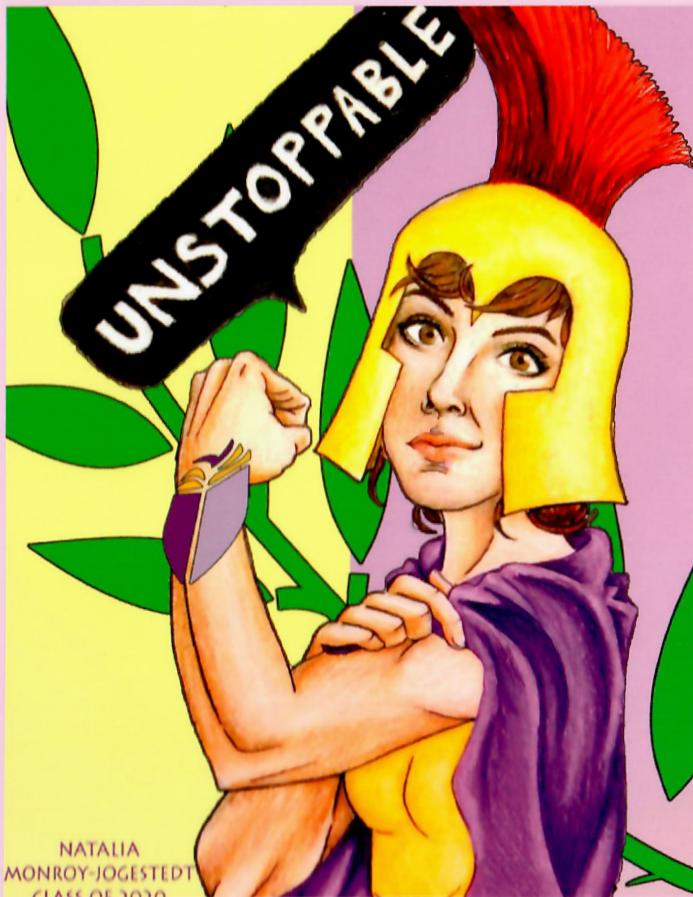


# ATHENIAN PRINT

ISSUE NO. 1 | APRIL 2019



NATALIA  
MONROY-JOGESTEDT  
CLASS OF 2020

ISSUE NO. 1 | APRIL 2019

## FEATURING:

OUR FOUNDING MOTHERS, ALUMNI, SCA,  
AMAZING CONTRIBUTORS, AND MANY MORE

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# A MESSAGE FROM OUR TEAM

Dear Athenians,

A million words would not be enough to describe the love, tears, and sheer anxiety this relaunch has put us through. A dozen of Diddy Riese and bacon hot dog fundraisers, general meetings, and a few desperate grabs for content all resulted in The Athenian Print's first ever magazine, which you currently hold in your hands right now.

We are super thrilled to even have the opportunity to share this new beginning with you all. With this relaunch, we genuinely hope to create a space that not only empowers the voices and stories of our Mount community, but also builds a place for creativity where we support and uplift one another in our passions. We also want to emphasize that you **DON'T** need to be a journalist in order to create and write about something that matters to **YOU** — which is why this revamp matters so much to us.

We would like to especially thank **Professor Karen Fritschi**, our club advisor, for always supporting The Athenian Print from day one. Your efforts have not gone unnoticed. We couldn't have gotten to where we are now without you!

We would also like to thank our **Founding Mothers of The Athenian Print** for passing the torch onto us. We appreciate the hard work that you once put into the club and we are proud of your current accomplishments outside the Mount!

Thank you to **Pauline Mikhail** for suggesting the idea of transforming The Athenian Print into a magazine! We hope that we brought your vision to life.

Thank you to **Natalia Monroy-Jogestedt** for creating the wonderful cover art. We are indeed unstoppable!

Thank you to our **E-Board members and contributors** for the time and effort they put into creating this magazine.

Most of all, we thank all of our **faculty, staff, and fellow students at the Mount** for supporting The Athenian Print, either through your contributions or by just simply reading our featured pieces.

Pamela: As my love for The Athenian Print progressed, I found myself wanting to share that love and passion with others. I suppose that was a result of the passion and dedication for storytelling by our incredible founding mothers and alumni who created this platform for bigger, better things.

Brytanya: I remember joining The Athenian Print as a freshman, and I am so glad to see how it has grown so much since then. Creating the magazine is yet another way for fellow students and faculty/staff to express themselves and to be proud of what they have accomplished. I am honored to have been a part of this process and I hope that The Athenian Print's legacy will continue on after we graduate from the Mount.

Simone: I joined The Athenian Print my sophomore year, roped in by then-President Liz Charre. I was hesitant: I was not (and still am not) a journalism major and I expected to just be on the sidelines the entire time. As current member of E-Board, that clearly did not happen! It has been a joy to help contribute to the revamp of The Athenian Print alongside Pam and Brytanya. Here, I hope to plant a seed of the The Athenian Print's new legacy, which will grow into a garden of creativity and community.

We hope you enjoy reading The Athenian Print's first magazine issue just as much as we enjoyed putting it together for you. ❤

## MASTERHEAD

# THE ATHENIAN PRINT

**President** Pamela Ardon

**Vice-President** Brytanya Le

**Treasurer** Simone Soriano

**Secretary** Beatriz Garay

**Public Relations** Alejandra Matheu-Rios

### Advisor

Karen Fritschi

### Editor-in-Chiefs

Brytanya Le & Pamela Ardon

### Contributing Artist

Natalia Monroy-Jogestedt

### Feature of the Month

Student Government Association

### Contributors

Brytanya Le, Cindy Carrillo, Elizabeth Charre, Jessica Flores, Pamela Ardon, Paola Castillo, Pauline Mikhail, Simone Soriano, Tammy Murga

# STUDENT GOVERNMENT ASSOCIATION

We are here to serve you!



## OUR MISSION

THE MOUNT SAINT MARY'S UNIVERSITY STUDENT GOVERNMENT ASSOCIATION IS DESIGNED TO PROMOTE AND WORK FOR THE NEEDS OF MOUNT STUDENTS. STUDENTS ARE REPRESENTED BY ELECTED/APPOINTED STUDENT LEADERS WHO SERVE AS THE VOICE OF THE STUDENT BODY AND WORK TO MAKE STUDENT-CENTERED CHANGE ON CAMPUS IN COLLABORATION WITH UNIVERSITY OFFICIALS.



Follow us!



@SGA\_MSMU



2018-  
2019

## OUR GOALS and accomplishments

### UNITY AND INCLUSION

Ensure that students at both the Chalon and Doheny campuses are equally represented and served by creating an environment where everyone's student feels included and heard.

### COMMUNICATION & ACCOUNTABILITY

Maintain rapport with the university administration and student body through consistent communication, achieving initiatives in a timely manner, and focusing on transparency.

### SPIRIT & ENGAGEMENT

Foster an environment where every student is proud to be a part of the Mount community through sponsoring spirit events, encouraging student involvement, and focusing on student engagement.

### HEALTH & WELLNESS

Partner with the Health & Wellness movement to ensure our educational programming coincides with the movement's mission with an emphasis on mental health & emotional well-being.

### STUDENT INVOLVEMENT EVENTS

SGA attended multiple events to encourage our peers to get involved, such as the Freshman Orientation, Engagement Expo, and the Student Involvement Fair.

### MEET & GREETS

We collected over 300 surveys from our peers to gain insight on what the student body needs. We focused on residence life, commuter services, and food services. With the data and valuable input we received from our peers, we set up meetings with the administrative director that can help us solve the issues at hand.

### MEETINGS WITH ADMINISTRATION

SGA has met with key University administrators to create strategic plans to better the Mount experience. Our members have met with President Ann McElaney Johnson, Dr. Lingua, Dr. Mullings, Patricia Williams, Michelle Saldana, Gerardo Palma, Ted Silva, and many more!

### OUTDOOR ATHENIAN HOURS

Every week, our members are outside in common areas to share information, administer surveys, invite students to events, and much more! Our overall goal with this is to voice to our students that we are an available resource to them.

### WOMEN'S HISTORY MONTH

In partnership with Latinas Unidas- Chalon, Latinas Unidas -Doheny, AACW, BSU, and LWV, we hosted five events that aimed to commemorate the brave women before us and to celebrate the amazing women around us.

### 310 NIGHT MARKET

In partnership with AACW, GSA, Pi Theta Mu, Athenian Print, Sakura Society, Korean Culture Club, Building Bridges Across Boarders, LU, French Club, and CNSA. This event was created to give clubs an opportunity to fundraise on a large scale, and to also bring some more fun events to the Mount.



SGA joined forces with Women's Leadership during Election Season to civically engage our peers through the MSMU Votes initiative



Our members enjoying SAC's Lighting of the Circle



March 28, 2018  
310 NIGHT MARKET

# OUR ALUMNI



## MEET CINDY CARRILLO '16

**Bio:** Cindy Carrillo '16 is currently working with multiple professional sports teams in Los Angeles. She graduated from the Mount in 2016 with Honors and was the former president of The Athenian Print (2015-2016). Cindy continues to use her voice and passion for change through community outreach and marketing.

**Cindy's Message:** Ironically, I started as a biology major in pursuit of becoming the first medical doctor in my family. However, classes were difficult. In my first couple months of college, I lost my most expensive textbook, I failed every science test, and commuting was getting the best of my sanity. So when the first journalism classes rolled around, the thought of freedom of expression and writing about topics I was genuinely interested in was thrilling, and signing up for them has changed my life for the better.

In 2014, The Athenian Print became an official club on campus, with very few members. However, we were a strong and dedicated group of women who wanted our names, stories and ideas to be heard throughout campus.

The Athenian Print, and the women who journeyed with me, have inspired me to never be afraid to be myself or speak up. My overall reading, writing, and speech improved, to which I now share with others. I call the first group of women, "The Founding Mothers" of the journalism department. There were long hours of writing, interviewing, researching and editing papers, in order to maintain our promises to each other, our professors, and our club we had worked so hard to establish.

Now that I've been out of college for a couple years, I must say, I miss it. In my last semester, I was fortunate to land my first sports internship, which has opened doors for my current positions. Since then, I have been working year-round in multiple sports, spending time with my family, exploring the countless eateries of Los Angeles, traveling, and saving for my future.

I'm currently working for the NFL and NHL. They are very different sports and fan bases, which is a great way to keep me on my toes. With my years of experience and dedication, I am hopeful of landing a managerial role with either sports team, or in the MLB, within the next couple years. I continue my writing in my spare time, along with reading other excerpts. My love for being bold, unique and voicing my opinion, will never change. So, to the women I started with, who I call my best friends, the professors who believed in us, to the future women who have and will continue our mini legacy, thank you. The Athenian Print will forever hold a special place in my heart. Hugs and love, Cindy Carrillo ❤️

@cindycarrillo\_

<http://linkedin.com/in/cindy-carrillo-b1a3194>



## MEET TAMMY MURGA '16

**Bio:** Tammy Murga '16 is currently reporting for *The Santa Clarita Valley Signal*. She was previously an assistant editor/reporter for the *Lake County Record-Bee*, where she covered a range of community happenings, including the October wildfires in Northern California.

**Tammy's Message:** In an era where information is desired and attained instantly, consuming accurate and fair coverage has, perhaps, never been as important as it is today.

That's what The Athenian Print had established to bring to Mount Saint Mary's University since its beginning, through showcasing profiles, event coverage, and stories about happenings in the area that directly affected the Mount community.

My time with The Athenian Print, guided by a strong cluster of journalism, film and English professors, helped jumpstart my career toward reporting for community newspapers. Regardless of what field students choose, I hope The Athenian Print inspires students to continuously inform themselves about issues in and around their communities.

@tammyxmurga

@tammyxmurga

@tammyxmurga

tammymurga.com

# OUR ALUMNI



## MEET JESSICA FLORES '17

**Bio:** Jessica Flores '17 is currently pursuing a master's degree in journalism at the University of Southern California. She's a multimedia journalist covering culture, race and identity. Her work has appeared in NPR's Next Generation Radio, L.A. TACO, LA Weekly, and *mitú*, among others.

**Jessica's Message:** The Athenian Print gave me my first byline and allowed me to develop my skills as a journalist. We were a small but mighty and passionate team who wanted to tell stories that weren't being told. I hope that the AP continues the legacy of producing high-quality and impactful journalism, especially during a time when journalists are needed the most."

@jesssmflores

@jesssmflores



## MEET ELIZABETH CHARRE '18

**Bio:** Elizabeth Charre '18 graduated from Mount Saint Mary's University in 2018 with a Bachelor of Arts in Journalism and Liberal Studies. She was also the former president of The Athenian Print from 2016-2018.

Liz is currently working as a Bilingual Kindergarten teacher at Saint Matthias School in Huntington Park. Post-graduation she has been involved in several organizations such as working in a writing summer camp called Adventures in Writing. She was camp counselor and would assist children with creating and writing their own personal mini book. For a few months she also worked as a 1st and 2nd grade Spanish aide at All Souls School before getting offered the position to have her own classroom and teach kindergarten.

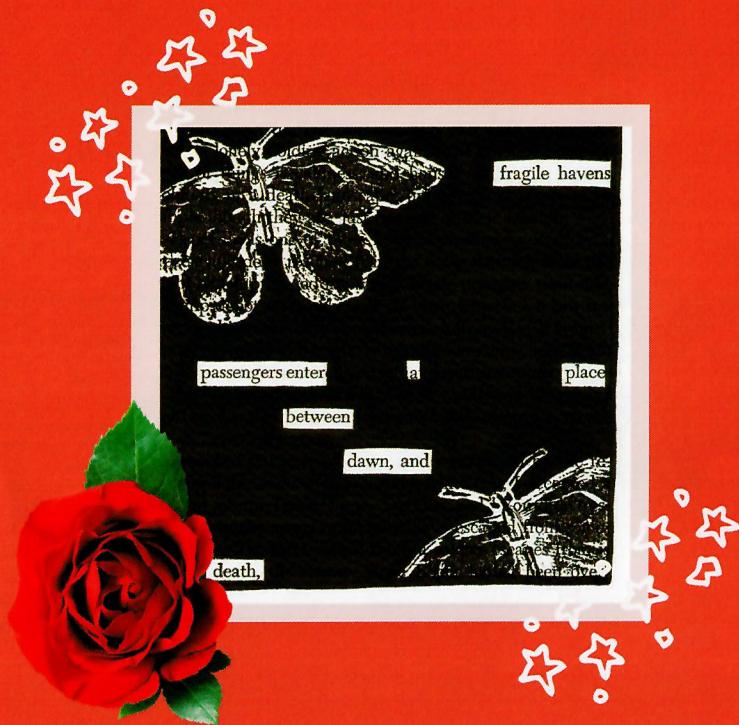
She is currently finishing off her teaching credential at Mount Saint Mary's University's Doheny Campus, and will pursue her masters at Cal State LA in Bilingual and Multicultural Education in Urban Schools.

**Elizabeth's Message:** As a former president of The Athenian Print, I want to start off by saying that I am so proud of all the accomplishments this club has done in the past few years. I can admit that it is not easy running an online and physical newspaper along with being a full-time student.

The fact that this organization is about to launch its first ever magazine makes me feel so fortunate to have been part of this incredible club. It is moving on up to bigger and better things. The amount of energy each member puts into sharing their story or beliefs about specific issues is what matters to the writer.

Dr. Nicole Haggard, a Mount Saint Mary's University professor and supporter of the Athenian Print, once told me: "**Never be ashamed to write what matters to you.**" That is what I tell everyone. If there is something important that you want to address, don't hesitate to write your feelings, questions, and concerns. Never hold back and never be ashamed of what you've written, because it is your opinion.

I wish nothing but the best for the future endeavors of The Athenian Print, and I feel so fortunate to have been asked to be a part of their first magazine issue.



# THIS IS RUMBLING WITH VULNERABILITY

This is rumbling with vulnerability  
The unsaid emotions  
Creating the need to feel open and safe  
I rarely see risks without the truth

Someone speak up,  
Ask a question  
Admit a mistake  
Propose a wacky idea.

This is instrumental  
In all, we write down

Always listening  
Staying curious  
Being honest

Dare to invest  
In the need to rumble

What love is  
Is being  
honest about the struggle  
While giving people the opportunity  
To try





## A BRIEF INQUIRY INTO ONLINE RELATIONSHIPS: THE FEARLESS ALBUM OF 2019

••• PAOLA CASTILLO

The 1975's long-anticipated album, *A Brief Inquiry into Online Relationships*, was finally released on November 30th, 2018. The British indie rock band had worked diligently on the album ever since they went on hiatus in 2016. They are currently back on tour, and their latest album has blown fans away. It is nothing like their past albums. It won the British Album of the Year title at the 2019 Brit Awards. Fans are once again reunited with new and wonderful music from the four boys, and it is an understatement to say that everyone is excited about the new album.

Frontman Matty Healy once again shows just how powerful lyrics can be. He touches upon multiple contemporary issues: the philosophy of life, the chaos of technology, and the power of love in this album. There are many more issues that he addresses, but to be honest, it's a whirlwind of emotions. I encourage you to listen to this album.

The 1975 has certainly grown since 2013. Their first black and white themed self-titled album, *The 1975*, is filled with classics such as "Robbers," "Chocolate," and "Settle Down." Every song tells a different story about the band's journey, and even personal experiences from Matty Healy's life. The band consists of four members, often referred to as "The Boys" by dear fans.

The face of the band is Matty Healy, a curly haired rebel that does not hold back whenever he's onstage.

Adam Hann, the lead guitarist, and Ross MacDonald, the bassist, both add unique colors to every song during their features. George Daniel, often seen hanging with Matty Healy on social media, is the drummer. He is known for making interesting facial expressions when in action on stage. In total, there are four members who have been playing together since 2002, back in high school. Overall, they are an amazing band that expresses such raw emotions. Their music often brings fans to tears.

*"Their songs are bathed in passion, and all this can be heard simply through any pair of earphones."*

The boys are not afraid to explore all types of music. From the newest album, *A Brief Inquiry into Online Relationships*, "Sincerity is Scary" explores elements of jazz and R&B. A beautiful series of trumpets can be heard at the beginning of the song, and the music video is full of various symbolisms, which Healy is known for.

Other songs such as "The Sound" and "If I Believe You" (from the second album, with a ridiculously long name: *I like it when you sleep, for you are so beautiful yet so unaware of it*) are two beautifully composed songs with an array of instruments. Their songs are bathed in passion, and all this can be heard simply through any pair of earphones.



The band made a great comeback by releasing the single "Give Yourself a Try" on June 1st, 2018. Listeners were struck with a little repeating guitar at the beginning of the song, plus a great music video to go along with it. In the video, Healy is jumping around in an orange wig as George, Adam, and Ross play just as enthusiastically as Healy's high energy. The song asks its listeners to "give yourself a try."

Try something new. Give life another try. Just try it. Life is too short to be hesitant. It is a refreshing and energetic song that provides hope.

*A Brief Inquiry into Online Relationships* is an album that makes listeners question their morals, sense of reality, and what we really trust. It is an album that tells us to wake up and look at the world around us.

*"Try something new. Give life another try. Just try it. Life is too short to be hesitant."*

Look up from your screens and live life. Life should not be lived through a lens of any sort. Open your eyes. As The 1975 purposely says, //FIRST DISOBEY. THEN LOOK AT YOUR PHONES//



# I CAME, I SAW, I CONQUERED

TEXT BY: ANONYMOUS

Six months ago, I was sexually assaulted.

The first three months after the incident was a struggle. A person I thought I could confide in, told me that I was basically asking for it and I was making this something it wasn't. I made myself believe that everything was my fault. I made myself believe that it was only a "hookup."

But deep down, I knew the things he made me do were wrong. I wasn't eating or sleeping properly. In fact, I wasn't myself at all because I was in denial about the entire situation. I kept lying to myself and to everybody around me. I kept putting up this front that I was okay, but I was in so much pain. I was drowning.

To cope with my trauma, I turned to alcohol. Unfortunately, I took the whole "drink your feelings away" too far, to the point that my life almost ended back in December. I couldn't handle the pain anymore, and I just wanted to die.

But by the grace of God, I received another chance...another chance to live, even though I didn't deserve it. After nearly almost dying, my entire perspective on life changed. I realized that the incident I went through shouldn't define who I am as a person and that I should stop blaming myself for what happened. It may be something I'll always carry and/or never forget, but it should no longer control or dictate my life.

My journey to recovery and healing has improved these past three months. I have surrounded myself with people who genuinely care about me. They have helped me realize that I am more than enough and that I am worthy of love. Self-love is something many of us lack and struggle with but...imagine if you loved yourself in the same way you loved another person, not caring about the flaws in the body or inside the mind, seeing the virtues even bigger, supporting, taking care. That would be a new level of self-esteem and another way to be indestructible.

I am now indestructible because I finally love myself. Never let anybody's opinions control your life or your decisions.

Be true to yourself, because the only person that knows you better than anybody is you. Love yourself because you are a beautiful human being, despite any scars, imperfections, or insecurities.



## HELLO, I'M FAT TOO

PAMELA ARDON

If you've binged Hulu's new series *Shrill* with Aidy Bryant, then you already know where the inspiration for this very bold story title came from. And if you haven't, you should definitely consider adding it to your binge-worthy list of shows you've been saving for a self-care Sunday.

I won't bore you with a raving 5-star review on how *Shrill* is revolutionizing the way plus-size women are portrayed in the media. But seriously, that's a major freaking win for all of us fat girls.

If you can't tell already, I'm a fat girl. I've always been "the fat girl". From the moment I entered this world to my current state of being. Nothing has changed. And I'm finally okay with that. But, it wasn't easy to get to that place where I can accept and love myself, with stretch marks, rolls and all. With that said, it would be totally wrong not to declare my love, fandom and appreciation for this show, and for Annie Easton.

For those who have not watched the show, let me tell you a few things about Annie. She's a quirky, kind-hearted, hilarious woman. She's an aspiring journalist. She's a fashion icon. She has a ride-or-die bestie (honestly, we all need a Fran in our lives). And she's fat.

Annie is a fat woman who loves herself and isn't trying to change her body throughout the entire plotline of the show.

Instead, she's like every modern human being who wants to change their lives and strive to be the best version of themselves. And that's incredible. *Shrill* masterfully avoids all of the harmful stereotypes and tropes about plus-size women that the media has ingrained in our society for far too long. Instead, it normalizes the experience of fat women, because we're people too. So, no. It's not about Annie losing weight for a hot guy who's "out of her league", or her being the fat-best friend who is the butt of every fat joke. She's real. She's human. She's ME.

I, too dealt with the weight obsession, the passive-aggressive compliments from family members and friends (the "you're so pretty for a fat girl" comment, is my personal fav), the insecurities and the low self-confidence. Growing up, there was a point in my childhood where I remember feeling anxious and scared to eat because I didn't want my grandparents to yell at me or tell me to stop eating because, "vas a engordar mas" (you're going to get more fat). I remember feeling embarrassed and hurt because when my siblings, who are much smaller than I am, would do the same thing.... Crickets. Complete silence. Not a single word or comment. My grandma would actually encourage them to eat because they were "too thin."

# THE HONORABLE

TEXT BY: SIMONE SORIANO

"Here's a better idea." Isa pauses for dramatic suspense. "NO!"

Isa glares at Sao, the woman she is currently handcuffed to. "Well, I don't see you coming up with any bright ideas."

"I did. You just refused to cooperate." Sao glares back. Her demeanor is so cold that anyone else would have gotten hypothermia.

Isa rolls her eyes, and has annoyance laced in her voice. "Sao, I am not going to keel over and die for you."

The woman named Sao snarled. Her face is contorting in barely contained rage. "You're lucky I need both of my hands to kill you."

Isa smirks, literally looking down at the little spitfire of a woman before her. Her five-foot-eight height always works in favor for her. "You're lucky if you'll be able to reach me without a step stool."

"Your morals are low enough to the point where I can."

"The thief said to the officer."

Sao puffs out her chest, a cocky smirk growing across her face. Isa's blood pressure skyrockets at the sight. "Yes," Sao says, victory shining in her dark brown almond eyes, "You're right. I am far more honorable than you will ever be. Glad to see you have some smarts for once, Dora."

Isa turns away from the woman, inhaling deeply to cool her temper and covering her eyes with her free right hand. She couldn't walk away from Sao without literally taking her along, but this was the best she could do.

Cheng Sao has been a constant thorn in Isadora Santos' side since she had first joined the NYPD. Her very first encounter with the thief had been on the first night of their careers: Sao's first successful heist of a jewelry store that Isa had been the first responding officer to.

What's worse is that she saw the face of the thief after the robbery had taken place. Isa ran smack into Sao as they both ran the corner—the sports bag full of diamonds came pouring out when it hit the pavement. Sao grabbed the bag with whatever was left inside and made a mad dash.

Isa had caught her again a few blocks later, but the thief distracted her and promptly slipped out of the officer's grip and escaped into the night, thousands of dollars' worth in diamonds in tow. Thus began a cat and mouse game between the two women. Cheng Sao and Isadora Santos moved up the ladder in their respective fields as the years stretched on, the chase never slowing as time stole their youth.

Currently, both professionals were in their position because of their jobs. Sao was in the middle of robbing Blake Roberts, one of the wealthiest men in New York, at a charity event and Isa had been assigned as added security as an acting Lieutenant. She had caught Cheng in the middle of the action this time, stealing the necklace on auction for sale for over a quarter of a million dollars in a blocked off a section of the museum.

In the rush and desperation to ensure Sao wouldn't escape again, Isa tackled the thief to the ground and had locked the two of them together in the handcuffs Isa had on her. And in flood of adrenaline, Isa had flung the only key outside the very window Sao had tried to escape from—all the way up on the third floor.

"Don't kid yourself." Isa composes herself, ready to move forward with her plan to go into the party and ask her captain for backup and a spare. "Honor does not exist among criminals."

"I agree," Sao says, looking the most serious that Isa had ever seen her. "So why are you working for them?"

Righteous fury flares up in Isa so fast that she doesn't even have time to quell it. "What?"

"I'm serious. I've been following your progress over the years. You're clearly smart—present circumstances aside—and have a better moral compass than any of the other blue boys in there." Sao nods her head in the direction of the party. "I don't understand you."

Her eyes narrow, as if Isa is a complex puzzle that Sao just can't find the right pieces for. "It's clear you want to do good, but you've joined a group of hypocrites that does anything but. I know it's not cowardice—you nearly jumped out of a third-floor window just to try and capture me. So it's either that, or you're just too plain stupid to see that the people you work for are corrupt and immoral. At least the people I steal from deserve it."

"Blake Roberts has been charged for seven cases of sexual assault and has slipped through the system for every single one of them. And it's a well-known secret underground that this charity—" Sao spits out the word "charity" like it had done her personal wrong,—"will just be rewired back into Robert's pocket. At least I can ensure that the money this giant rock will sell for, will go to people who actually do good with it, who actually need it. The ends always justify the means. What's your excuse?"

Isadora fires back at Cheng before she can stop herself. "I don't what kind of Robin Hood complex you think you have, but the places you steal from affect people other than your initial target. The employees who work at the places you hit are affected too. You really don't think their bosses won't try to take it out of their pay and make it their fault that some evil mastermind broke in and demanded compensation for their supposed incompetence? It doesn't matter what good you'll put that stolen money towards. An innocent person is going to pay for your actions. It isn't fair."

"Say what you will about the police force. I know there are problems abundant in the NYPD and I'm not blind to the fact either. I, at least, know that I will uphold my oath to protect and serve. You say that my staying with the police force is cowardice, but at least one person must stay to create change within. I'm frustrated too, but damn it, at least I'm trying!"

Throughout the entirety of Isa's speech, Cheng's face is wide-eyed, and her mouth agape until the very end. She briefly breaks their intense eye contact, her eyes darting past Isa's shoulder, distracted by something.

After a long while, Cheng breaks the silence and speaks. Her voice is rough, like she had lost it and regained it just now: "I see." She closes her mouth, gulps, and fixes Isa with the most dumbstruck expression that the officer had ever seen her with. "Thank you for the clarification, Lieutenant. I believe I have a better understanding of your reasoning now."

Cheng licks her lips, eyes darting all over from Isa's shoulder, her eyes, to her lips. "Perhaps..." she starts, uncertainty swimming in her eyes. Isa decides instantly that she would prefer the confident gleam in Cheng's eyes over this one—it suits her better. Cheng moves closer, slowly closing the gap between them. Isa lets her. "I was wrong." Cheng continues. "Maybe there's hope for our city's valiant police force, just yet."

"I don't care what you think, Sao." Isa doesn't know what game she's playing, but she's determined not to fall for it. "I only care about putting you behind bars."

Cheng places her free hand against Isa's cheek, cupping it more gently than she ever thought her capable of. "Oh, Lieutenant," she smiles softly, gazing up at her with an emotion that Isa dare not name. Their noses are touching now. "We both know that's a lie."

Now, there is no space between them at all.

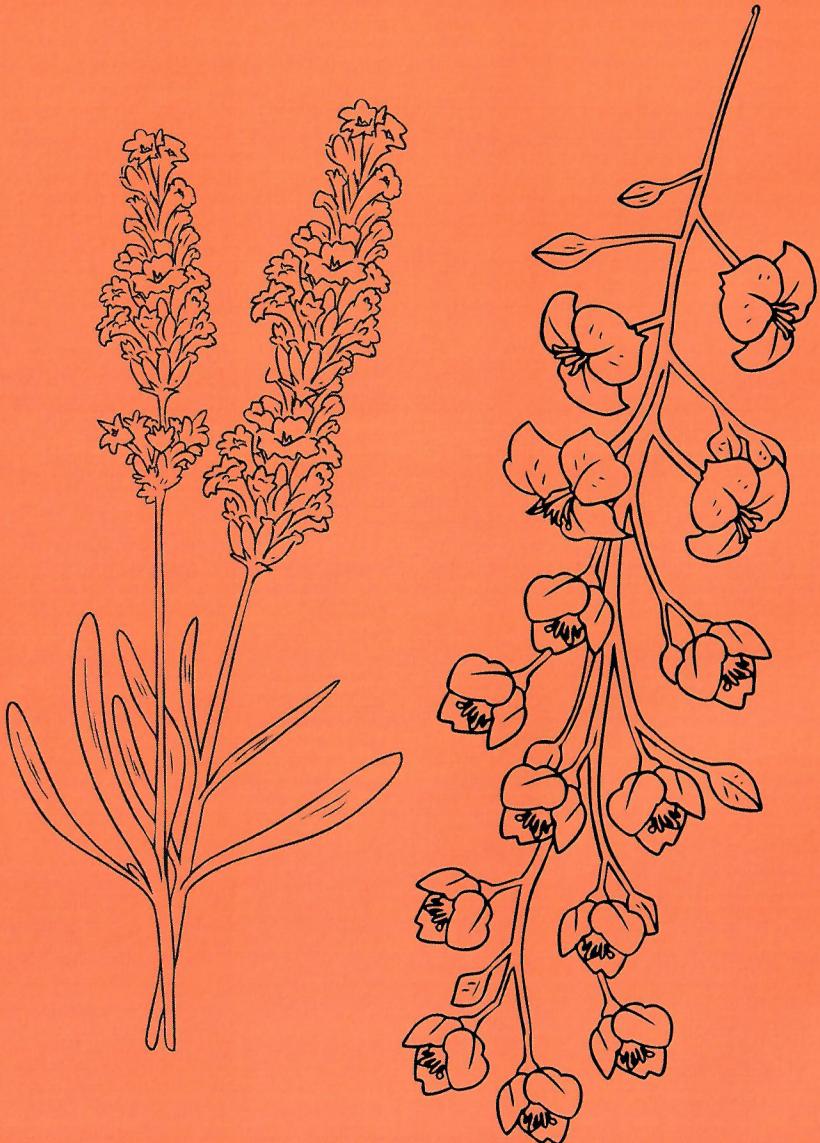
Isa barely has time to register the softness of Cheng's lips when she feels a sharp prick in her neck. Clouds begin to swim through her mind and the last thing she sees is Cheng becoming sideways as she hits the floor.

A playing card and an opened handcuff were all that remained when Isa came to. The card had an emerald background with a golden crown painted on the face, a gimmick if ever Isa saw one. On the back was a message written just for Isa:

*See you next time, Lieutenant Santos.*

*Love, Cheng ;)*

Isa couldn't help but laugh softly as she slides the card into her pocket.



# dear athena

YOU ASK, SHE ANSWERS! An anonymous writer shares her expertise to students who have questions about anything and everything.

**Q:** My dog died just this morning. I wasn't there in time to say goodbye. I've cried, found comfort in my friends, and grieved with my mom, who had to be there in our dog's last moments. She went peacefully. My question isn't how to get over this loss, but rather, how to deal with the numbness of grief. Does it ever get any easier? Any better? How do I move forward from here? How do I bring myself to care about anything else? - HOWLING AT THE MOON

#### DEAR HOWLING AT THE MOON,

First off, my condolences for your loss. A pet is just as much as a family member as anyone else. I understand that the loss of a dog takes a tremendous toll on a person.

As for the grieving, there isn't one set way to "get over the loss." Rather, embrace it! If you spend so much time wondering how to get through the loss, you won't get to go through it. Here are some steps you can take while you are grieving your pets!

Take a day with your mom and go on a walk around the places you used to walk your dog.

Make sure you give yourself time to grieve. It's essential, but so is self-care! Make sure to set aside some time, maybe once a week or month to take care of yourself.

I understand that college can literally take up all of your time. You're probably wondering, "I have absolutely no time to do homework, let alone self-care. How can I do that?"

Do yoga for five minutes every morning, go to the gym for an hour, apply a face mask while you are doing homework, keep busy in a way that it's healthy for you.

If all that isn't working, then talk to your friends! They love you - as they should!

So, why not make plans to watch a sappy movie? Make plans to get food or coffee, or even just to sit there and talk it out. You'd be amazed on how much you'll feel better.

What not to do:

• • • • • • • • • • • • • • •

You're just setting yourself up to not being able to control how you feel. Be around the people that love you.

I hope this helped!

XOXO,

ATHENA

**Q:** Any advice on how to navigate dating apps? Specifically, on how to keep the conversation going? Dating is hard -- Single AF

As for keeping the conversation going, it should go however long you both are invested in talking to each other. Which, by the way, your senses will tell you if he or she is interested. Listen to them!

## HOW I NAVIGATE DATING APPS:

### ONE: BE SAFE.

I cannot tell you how many of my friends have met people for the first time in a not so public place.

### DO NOT DO THAT.

Please meet the person in a public area first. Do not invite them to your place, or travel to theirs. Also, make sure plenty of people know where you are.

I have an iPhone and I can't count the number of times I have been so glad that I can send someone my location, so they can keep track of me.

If you don't have an iPhone, then have someone text you literally every hour or so. I understand that seems weird, but trust me. You'll be glad that you did when you ask them to get you out of a bad date.

### TWO: NO MEANS NO.

This applies to everyone. If you or the other person says no, then that means no. He or she cannot pressure you into doing anything, and you cannot force the other person either. There is absolutely no grey area when it comes to the word "no."

If he or she seems too persistent to the point where your gut is churning, TRUST YOUR GUT! Your gut is ALWAYS right.

If you are feeling uncomfortable or scared, then walk away. Get out of the situation as quickly as possible. Being in a public area helps you do that.

### THREE: WHERE TO MEET?

Now that the two most important messages are out there, the fun of dating apps is what you're most likely asking about next.

If you feel like you've gotten to know the person well enough, then you'll start having fun. You need to open yourself up a little!

I recommend you keep the first date short and sweet because it'll be more comfortable for you and the other person. You can always leave early if you're not having fun.

Other than that, dating apps are entirely trial and error. It sucks, it's embarrassing, and you probably don't want to do it. But once you find the one, you'll be glad you did!

XOXO,

ATHENA

## DEAR SINGLE AF,

Ding ding ding! You have asked the million-dollar question!

Kudos to you for trying to date through apps. Talking to people face-to-face is hard enough, and adding technology is just a solid mix. Not impossible, but still hard.

Talking to anyone on a dating app is painful. I also have a hard time talking to the opposite sex. Using a dating app makes you susceptible to a lot of unsolicited messages that you'd rather not deal with.

## HOW I KEEP A CONVERSATION GOING:

As a disclaimer about me, I don't tend to initiate the conversation. It's not because I think I'm better than them, but because I am SUPER shy - the always waiting for the other shoe to drop sort of person.

However, I DO make an effort when a conversation does start, and I am direct. If I don't like something the person has said, or the other person has sent as a show and tell I will be vocal about how it has made me uncomfortable and that I don't appreciate it.

That being said, please don't use overly cutesy names.

According to a Tinder user who would like to remain anonymous:

"I tend to stay away from people who use pet names before meeting each other. The second she sends me 'sweets,' 'babe,' 'honey,' etc., I'm out."

Starting a conversation is hard. Keeping the conversation is going is even harder. Have an opener.

I'm not too fond of the vague profiles because you can't start a conversation through it.

Try to see what information they have on their profile that explains who they are as a person.

One of my favorite profiles was one person has on their profile "I enjoy concerts, films, traveling, tennis, golf, boating, hiking..."

Talk about where this person travels, talk about the concerts they've seen.

In other words, **FIND COMMON GROUND!**

You won't be disappointed.



together we're unstoppable



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# Goodbye rain, hello poppy festival!

[theathenianprint.wordpress.com/2019/04/20/goodbye-rain-hello-poppy-festival](http://theathenianprint.wordpress.com/2019/04/20/goodbye-rain-hello-poppy-festival)

April 19, 2019

By Claudia Diaz

Following the heavy rainfall that washed over California this winter, the golden state has experienced a wave of color so vivid that it can be seen from outer space in what is being called the super bloom.

Acres of orange poppies have blanketed the Antelope Valley Poppy Reserve in Lancaster, attracting thousands to the area in hopes of getting the perfect selfie alongside the wild flowers. But none are more excited than the residents of Antelope Valley as they prepare for the Annual Poppy Festival.



The Lancaster Poppy festival starts April 27 (Picture: [poppyfestival.com](http://poppyfestival.com))

Lancaster boasts one of California's most abundant crops of the vibrant poppies, so it seemed only natural for the city to host a festival dedicated to the state flower. With hundreds of exhibits and an array of incredible performances spanning over 55-acres, this year's celebration is expected to be one the best attendees have seen in a while after the ongoing drought that has taken a toll on past festivals. For the first time, and in keeping with the festival's tradition of always offering something new, event attendees will have the opportunity to enjoy a stingray exhibit as well as a butterfly encounter throughout the two-day program.

Jeff Campbell – who has overseen the organization of the festival for more than a decade – spoke of what he and his team have planned for the event, and why this festival is so important to the Antelope Valley community.

"This year we went all out! When the rain finally stopped and the reserve was open to the public, I was in awe of how many flowers there were and how bright they were. At that moment I knew we couldn't do something low-key as the city council had originally planned," he said.

"In the past two years the festival hadn't brought in a big income, but with these massive crowds swarming in to get a glimpse of the wave of flowers we can't play it safe.

"The festival is especially important to the AV because it brings attention to our small town. We tend to be just a passing neighborhood when people head to Vegas, but on April it's all about letting people know we exist. I know that the several dozen exhibits, which include an international farmer's market and an aerospace zone focusing on the town's history of the aeronautics will fascinate everyone."

Rain or shine, Campbell and the City of Lancaster organization will welcome more than 40,000 attendees to the festival, celebrating 28 years of hosting family fun devoted to these petite orange flowers. Tickets are available onsite during the event or can be purchased in advanced via online.

[The Antelope Valley Poppy Festival](#) blossoms on Saturday, April 27 and Sunday, April 28. Save the date!

# Pushback builds against transgender military ban

 [theathenianprint.wordpress.com/2019/04/04/pushback-builds-against-transgender-military-ban](http://theathenianprint.wordpress.com/2019/04/04/pushback-builds-against-transgender-military-ban)

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April 3, 2019

By Lizabeth Lopez Naranjo

Back in January, the Supreme Court passed Donald Trump's policy that would ban transgender people from serving in the military. Trump has been seeking this ban since 2017. On March 19, federal judge Colleen Kollar-Kotelly stated that the ban is not quite ready to take effect on the expected date of April 12, as announced by the Trump administration.



Trans rights protesters in Times Square, New York.

© 2017 Reuters

The new proposed policy on the transgender ban that Trump put out back in January would leave all those suffering from or have previously suffered from any kind of gender dysphoria will no longer be able to serve in the military. Those who have fully transitioned and have regarding their mental state who have a chance of being spared by Trump's policy. This is also applicable to prevent those who identify as transgender from even applying to the military.

This policy has been held back by an injunction placed by Judge Kollar-Kotelly after a ruling regarding a lawsuit against the ban.

"This is exactly what I could have hoped for," said Julian Felix, son of a veteran and someone who identifies as transgender. "We just need to keep pushing and pushing until, hopefully, this ban can just go away with Trump's presidency."

The original injunction and lawsuit came from Maryland, while others filed include those by LGBTQ+ advocacy organizations such as GLAAD and the NCLR.

The policy will not be able to go into effect on the planned date if a rehearing request goes through. This interference will also prevent any transgender people in the military from being discharged or be treated any differently.

"Everyone needs to be aware of what is happening with [the transgender ban.] It has the possibility of affecting so many people, and this situation isn't something that should be brushed off." Felix continued.

His father, Raul, agreed. "The fight just needs to persist, and people need to know that this community and those who support it aren't gonna roll over and take it."

# Former Miss Universe Dayanara Torres has melanoma and her story is motivating everyone to be health conscious

 [theathenianprint.wordpress.com/2019/04/04/former-miss-universe-dayanara-torres-has-melanoma-and-her-story-is-motivating-everyone-to-be-health-conscious](http://theathenianprint.wordpress.com/2019/04/04/former-miss-universe-dayanara-torres-has-melanoma-and-her-story-is-motivating-everyone-to-be-health-conscious)  
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April 3, 2019

By Claudia Diaz

**Model and 1998 Miss Universe, Dayanara Torres was diagnosed with stage three skin cancer earlier this month. As she undergoes what will be a yearlong treatment that will be both physically and mentally draining, she urges everyone to not take their healthy lightly as was her case.**

Torres talked about the news in an Instagram post, revealing that she has already undergone two surgeries to remove areas the cancer. She also admitted to having been completely ignorant about what it meant to be diagnosed with skin cancer, saying, "I had no idea skin cancer could spread everywhere else in your body. I thought they could just remove that little mole and it would all be okay".



Copyright: Dyanara Torres

While easily treated in most cases, Melanoma can spread to other parts of the body if it goes undetected. In the US there are approximately 200,000 cases of skin cancer per year with 10,000 of them having been found at stage four, mainly because people are reluctant to get themselves checked. Like Torres, doctors and others who have gone through skin cancer are promoting awareness, especially in the early stages when the survival rate is at 99 percent.

In dermatologist Brian Romero's opinion, skin cancer is one of the deadliest forms of cancer because the symptoms are often ignored and people tend to care for a cold better than they do for their skin. He says there are misconceptions too and these can pose an issue, such as people tending to associate the illness with lighter skin tones.

"Everyone can get skin cancer. While it's much more common among lighter-skinned people, there is no free pass just because you're a bit tanner," he said. "In Dayanara's case, she spoke about having had this exact belief and in her video the one thing that stood out to me was when she said that as a mother she didn't want to think about getting sick, so she put her health on the backburner so to speak."

"People are afraid of the prospect of having cancer, it's an inevitable emotion because we associate cancer with death immediately. Sadly, when we put our health last in our busy schedules that is when we are at risk of death if the cancer has spread into major organs. Early detection is what truly saves lives."

Like Romero, Page Blanton knows just how important early detection is first hand after having been diagnosed three years ago with stage one melanoma. In her case she was quick to notice the signs of an abnormal mole on her arm and sought medical attention immediately. What some might call luck at having discovered the illness in its earliest stage, Blanton says is all due to being "health smart".

"I was never the type of person to run quick to the doctor, but when I noticed that one of my moles just kept growing and the surface of it wasn't normal I just knew that I had to talk to a specialist," she said. "When you're 21 the thought of cancer isn't something you want on your mind, but it happens. It happened to me. When the doctor said I was positive for melanoma... it was scary."

# Profile: From Monica to Michael

 [theathenianprint.wordpress.com/2019/03/26/profile-from-monica-to-michael](http://theathenianprint.wordpress.com/2019/03/26/profile-from-monica-to-michael)

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March 25, 2019

**Michael, previously known as Monica, crossed from Mexico to the United States at the young age of 7. He is now experiencing crossing from being a woman to being a man. Michael is the parent of 6 and tells of the privilege and pain that comes with being a transgender man and why he chose to come out now, at age 49.**

By Liliana Ruiz

According to 2011 findings from the Williams Institute, the transgender population represents about 700,000 or .3% of American adults.

Michael has 3 girls and 2 boys. All his children are at least 16 years old. His youngest son, Jordan, 19, shares how unbothered he was the day his mother revealed the beginning of their transition. "I didn't care because I didn't realize how tough and crazy of a thing it was for her to be doing," he says, "I get teased by at it at times with friends and I find myself not being confident with it even though at first I didn't care about her decision."

Jordan wasn't the only one being treated differently since his mom's transition. Michael has also experienced differences in treatment as a man now than when he was a woman. Michael says he can now see male privilege through the mere fact that he is treated with more respect.

78% of transgender people in the U.S. feel more comfortable at work after their transition. People did not treat Michael the same as when he was obviously Monica, a woman. For example, when in the past someone saw Monica struggling, there was always a rush to help her. Now, as Michael, it's different.



*Michael Ruiztr*

"They expect for me to be doing it all by myself, which I don't mind because I always want to do it myself."

This new experience as a man is not a new feeling for Michael or Monica. He says that he knew he was male since age 4.

"I never felt female but when I got to my teenage years, I knew I wasn't accepted so I started acting like a female," he goes on, "In that time, society and I didn't understand transgender. So, I felt that I was stuck with being a woman."

The term *transsexual* was first introduced in America in the year 1949. However, 1966 was around the time transgender was coined and began to be popularized, since the transgender rights movement was taking place. What Michael experienced as a child, is not unusual and is referred to as gender dysphoria.

Gender dysphoria is the condition of feeling one's emotional and psychological identity as male or female to be opposite to one's biological sex. Criteria for gender dysphoria must be experienced for at least six months' duration in adolescents or adults for diagnosis. A person must experience a strong desire to be of a gender other than one's assigned gender and a strong desire to be treated as a gender other than one's assigned gender.

"I remember when I was young I used to dress like a boy, acted like a boy and I am in a certain way. I felt that I was a boy and I was so happy and I lost that along the way," he says.

Michael had his first child at 18 years old, revealing that he didn't want to miss out on parenthood. He, in the past, has contemplated suicide. He says that having children is what made him want to live. He's always wanted to be male, and left his first husband shortly after they married when Michael began to feel depressed about it.

"I wanted to be a man but I felt it would have a negative impact on my kids. So I did what a lot of parents do for their kids and sacrificed to make sure they were not affected."

Michael now 49, came out to his children and family in 2017. He began taking hormones on December 5, 2018.

"I've always felt I belonged as a man, and with hormones I'm able to be. The only things that make me kind of sad is that my babies won't be able to hear their mother's voice ever again," Michael says.

Nonetheless, he expresses that the best thing about all of this is that he is truly happy. He says, "Now I feel that happiness again. It's like I picked up where I left off."

# Legislation in motion to level the running field for women in politics

 [theathenianprint.wordpress.com/2019/03/26/legislation-in-motion-to-level-the-running-field-for-women-in-politics](http://theathenianprint.wordpress.com/2019/03/26/legislation-in-motion-to-level-the-running-field-for-women-in-politics)

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March 25, 2019

*By Valerie Rose Vasquez*

Assemblyman Rob Bonta recently introduced bill AB 220 that will ensure candidates can use campaign funds to pay for child care costs that result from time spent running for office.





Bonta, an Alameda Democrat, said the bill would “help parents with young children seek and serve in public office by allowing the use of their campaign funds to pay for childcare. This will help advance gender parity among California’s elected officials.” According to the California State Assembly Democratic Caucus, the bill would amend the Political Reform Act of 1974 “to expressly allow campaign funds to be used for childcare for those who choose to run for elected offices in California.” There are currently only 26 women serving in the California Legislature comprised of 120 people. The 20 percent increase over last year could continue to grow if lawmakers pass AB 220.

The Federal Election Campaign Act, states that candidates seeking office cannot use campaign funds for personal use. However, the Federal Election Commission unanimously ruled that because Liuba Grechen Shirley, who ran for New York’s 2<sup>nd</sup> District, would not need a baby sitter if she wasn’t running, she could use campaign funds for childcare. Shirley stated to *Buzzfeed* about the FEC’s decision, “This groundbreaking decision removes a major financial obstacle for working families and mothers at a time when women are increasingly considering elective office.” State law varies on whether or not a candidate can use funds for childcare. California does not explicitly allow or disallow the use of campaign funds for child care.

As the bill moves through the legislative process, details will be determined on any parameters such how much and who could be paid and under what circumstances. Currently, any person who uses campaign funds for childcare has no statutory protection.

Assemblywoman Gonzalez, joint author of AB 220 said, “We will not see gender equality in elected office until this campaign finance law is modernized. California needs to do everything it can to empower more parents of young children, especially women, to run for office and that’s what this bill does.”

Fund Her, the not for profit political action committee dedicated to achieving gender parity in California Politics, tweeted, “AB220 removes a critical barrier to women running for office, and we love male allies who jump into the fight with legislative solutions. We’re also proud of our endorsees, Assemblywoman Rebecca Bauer-Kahan, and Assemblywoman Cottie Petrie-Norris, along with other fantastic change-makers!”

Insisting that motherhood should not be considered a political liability but a candidacy asset, Moms Running is an organization dedicated to increasing the political engagement of moms in politics. The organization issued a statement praising the introduction of AB220:

"Fantastic. What people tend to not realize is that candidacy for public office may warrant a paycheck, candidacy does not. Thank you California State Assemblywoman Buffy Wicks," co-author of the bill.

Rob Bonta marched in his third women's march in Oakland on January 19th with his wife, children and parents. Banta is known as an agent of change and a fierce advocate for women. As he lined up for the Women's March, he reminded people gathered how women's rights are human rights. Bonta said, "There is more work to be done to bring about true parity that reflects the people of California" in legislature which is only 30 percent female. If it passes, AB 220 will be hallmark legislation for Bonta.

AB 220 is jointly authored by Assemblymembers (all Democrats) Lorena Gonzales, Buffy Wicks, Rebecca Bauer-Kahan, David Chiu, Monique Limon, Cottie Petrie Norris, Blanca Rubio, Senators Nancy Skinner, and Hannah Beth Jackson. Senator Skinner said, "We are allowed to pay for drivers, schedulers, and other support yet covering the necessary cost of caring for our children is excluded. Giving women and families the support the need to run for office is far overdue."

# Future first female NFL player making history

 [theathenianprint.wordpress.com/2019/03/26/future-first-female-nfl-player-making-history](http://theathenianprint.wordpress.com/2019/03/26/future-first-female-nfl-player-making-history)

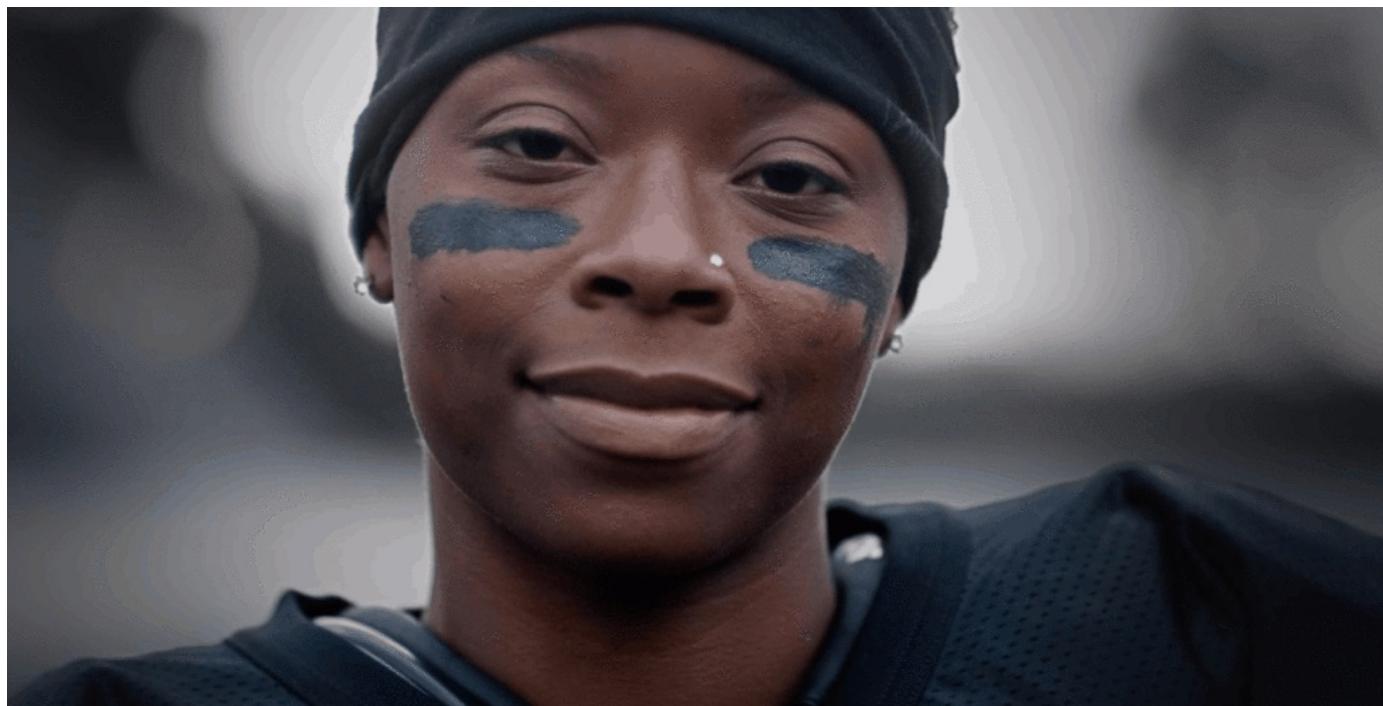
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March 25, 2019

**From conquering cancer to growing up in the foster care system, African American Antoinette Harris is making history as being the first female ever to get the chance to play in the National Football League (NFL) making history for women everywhere.**

*By Samantha Egurvide*

"I always wanted to play football, but nobody would give me a chance," said Harris. "I had been kicked off teams in the little league. But once I learned to make my own decisions, I was like, 'I'll handle it myself, and I'll protect my dream at any cost.'"



Antoinette Harris (Photo: Toyota)

Harris is a 5-foot-6, 135-pound free safety for the East Los Angeles College football team. She has fought to play at every level of the sport and continued to battle for an NFL dream. At 22, Harris is the first female football player to receive a scholarship offer at a skilled position. She is only the latest woman to knock down a milestone moment.

In January 2018, she made headlines when she received a scholarship offer from Bethany College, a National Association of Intercollegiate Athletics (NAIA) school in Kansas. She decided to stay her last year at ELAC and now has a total of four offers including ones from Adams State University in Colorado, Graceland University in Iowa and Kentucky Christian University in Kentucky to continue her path to becoming the first female in the NFL.

The Huskies head coach Bobby Godinez says she proved herself at every practice.

"When she first approached me... naturally, I was a little nervous... I didn't want anybody getting hurt." Godinez said. "She's earned everybody's respect... her resilience, her perseverance, everything that she encompasses, kinda bled through into everybody, after that, we said we gotta get her on the field."

In various interviews over the years, she said because of her gender she was left off of youth teams, had to get the superintendent involved when she wanted to play in high school and was always convincing coaches. Until that dream became a reality and because of her skill and work ethic was given a chance to pursue her dream at a collegiate level and to one day make it into the pros.

Overcoming obstacles is nothing new for Harris. At age four she was placed in foster care and was moved around until being adopted nine years later. At that point in her life, all was fine until she got the scare of her life at the age of 18. She was diagnosed with stage 1 ovarian cancer because of a tumor that was found inside of her stomach. After getting that news she thought that her dream of becoming an NFL player was over, but she fought and fought and went into remission in summer 2015. However, she doesn't want that to define her story or even give a background to what she has accomplished as a football player. She has come a long way, and nothing is going to stop her from getting the chance to play in the NFL.

"It does not say 'Men's National Football League.' It just says 'National Football League.' There are no rules that women cannot be there; there's just no woman who's tried to get there. But I want to be that woman who's the first NFL player," Harris said in a statement.

Many people say women can't play a sport that is dominated by men. However, Harris wants to be the one that proves women are more than capable of playing any sports that men play. And while she likes changing the perception of what girls do, she said, in the end, it's about reaching her dream and becoming a football player. But, as of right now she is mulling over where she wants to go to school next fall as it is the next step in her becoming the first female NFL player.

# Eastside Running Mamis juggle exercise and activities

[theathenianprint.wordpress.com/2019/03/26/eastside-running-mamis-juggle-exercise-and-activities-with-kids](http://theathenianprint.wordpress.com/2019/03/26/eastside-running-mamis-juggle-exercise-and-activities-with-kids)

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March 25, 2019

By Jacqueline Ramirez

**Unlike typical runners, running moms don't always have a hard start. For many, their workout typically begins in their house. They're running around getting their kids ready, grabbing their strollers, and preparing their children's snacks.**



Photo: Running Mamis

But this particular group of moms juggles both a busy home life, exercise and socializing. The *Running Mamis* meet up early Saturday mornings twice a month at the Los Angeles State Historic Park, located within the Chinatown neighborhood. They are usually scheduled to meet at 7:45 a.m. but most don't arrive until closer to 8 a.m.

The moms, with their small children in strollers, meet up at the park to work out whether it's walking, jogging or running. Some of these women previously belonged to the running group *Boyle Heights Bridge Runners*, others ran on their own, and some are new to the sport.

The running club was created by a group of friends who had become mothers. They realized the community lacked a space for moms and decided to create their own running group.

For most participants, it's less about the actual running, and more about a place to meet up and socialize with other moms, share experiences and help each other out.

"The most comforting thing is just to know that this space exists which is important because some of us have been trying to seek a place like this, but there wasn't anything like it in the area. We wanted to make sure it was also available over here, accessible, and free," says Jo Anna Mixpe Ley, 41, one of the group's founders.

When Ley gave birth to her now 16-month old daughter, she noticed that the Eastside lacked Mommy and Me classes, a group where moms interact with their child with fun activities and get to meet other moms and their babies. Ley went to the Westside to find a group like this, but felt out of place when she noticed she was the only Latina in the room.

Ley combined her love of running and wanting to get back into shape with an activity she could do with her child. Along with friends, Raquel Roman, Raquel Zamora, and Bertha Banuelos, she created the group in April of last year.

Running Mamis offers a community for all moms on the East side. At least 15 women usually participate with their kids. At the beginning of each run the Running Mamis do an introduction where they introduce themselves and introduce new members of the group by asking if anyone is here for the first time.

One loop around the track of the Los Angeles State Historic Park is a mile. Some mothers typically do it twice while others go three miles. Depending on their level of experience, some do more walking than running.

Raquel Zamora, 37, says her favorite part of the running group is "making new connections with other moms, enjoying fresh air and the non-judgment space between moms."

Many of the moms say the group is much more than a running club and has helped their mental and physical health.

"In the Latino community we're not allowed to be depressed or feel in any way negatively in the role we play as mothers. Here we celebrate motherhood, we celebrate every imperfection of how we raised our child and we support each other knowing that we're doing the best that we can with what we have," said Banuelos, 39.

Since the running group started in April, the moms have also joined formal races together like the Boyle Heights 5K. Besides running, the group also does fun activities for their kids after the runs including story time and circuit trainings in the park.

The running moms also get together outside of the running days and have playdates among their kids. They call them Mommy and Baby Date Night. On one occasion they gathered around Grand Central Park for Salsa Night and did a picnic together where they danced and ran around with their kids.

"It's really enjoyable just to get out and work out for your own mental health," Zamora, says. "Being part of a social circle and finding a social network you can identify with helps."

As the new year begins, the Running Mamis have goals in mind. They plan to add more story times, circuit training, self-defense classes, and more activities with the children within their bi-monthly running meetups.

They will be participating in local races such as the Los Angeles Chinatown Firecracker Race and have a few moms running the Los Angeles Marathon in March 2019.

The Running Mamis can be found on Instagram @running.mamis.

# Coachella lineup disappointment

 [theathenianprint.wordpress.com/2019/03/26/coachella-lineup-disappointment](http://theathenianprint.wordpress.com/2019/03/26/coachella-lineup-disappointment)

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March 25, 2019

**Gone are the days of Coldplay and Paul McCartney headlining at Coachella. This year's lineup includes pop sensation Ariana Grande making many people wonder if the beloved festival has gone mainstream.**

*By Kelsey Squire*

The first Coachella festival was held back in 1999 and featured performers such as Beck and Morrissey. It also was originally a one-day event that slowly became a three-day experience. What was once a crowd of 99,000 people became 125,000.

Barry Squire is the leading A&R Consultant and Musician Referral Source. In the past he has worked for Coachella helping them curate lineups and feels the event organizers are giving into pressure of millennials "It used to be that Coachella was the alternative concert to the mainstream pop events now it has become the main stream pop event. The good thing though is that you can always walk to another stage if you don't like who is performing. You can walk away from Childish Gambino and check out The Interrupters on another stage. So you can make your own choices and no one is going to make you sit through a whole set of Ariana Grande."

GOLDENVOICE PRESENTS IN INDIO

# COACHELLA

COACHELLA VALLEY MUSIC AND ARTS FESTIVAL

INDIO  
CALIFORNIA

EMPIRE  
POLO CLUB

## Childish Gambino

FRIDAY APRIL 12 & 19

Janelle Monae • the 1975 • DJ Snake • Diplo • RUFUS DU SOL • BLACKPINK

Anderson .Paak & The Free Nationals • Kacey Musgraves • Juice WRLD • Ella Mai • Los Tucanes De Tijuana  
FISHER • Jaden Smith • Nina Kraviz • Rosalía • Gorgon City • Mon Laferte • Khruangbin • Kayzo • dvsn • King Princess  
Chris Lake • Jauz • the Interrupters • Hot Since 82 • Charlotte Gainsbourg • SOPHIE • Nicole Moudaber • Tierra Whack • Polo & Pan  
Beach Fossils • Yellow Days • the Frights • Nora En Pure • Yves Tumor • SG Lewis • Kero Kero Bonito • JPEGMAFIA • Calypso Rose • Nic Fanciulli  
Kölsch • CamelPhat • Let's Eat Grandma • Anna Lunoe • Amelie Lens • Murray for the Riff Raff • Walker • Royce • Turnstile • RAT BOY • 88Glam  
Ross From Friends • Lauren Lane • Still Woozy • Bakar • Blond:ish • Tomasa del Real • Las Robertas • Dave P.

SATURDAY APRIL 13 & 20

## Tame Impala

Solange • Kid Cudi • Weezer • Aphex Twin • J Balvin • Billie Eilish • Bassnectar  
Four Tet • Christine and the Queens • Wiz Khalifa • Mac DeMarco • Bazzi • Maggie Rogers • Sheck Wes  
Gryffin • Bob Moses • Virgil Abloh • Tale Of Us • Mr Eazi • Sabrina Claudio • Ty Segall & White Fence • Deep Dish  
Smino • FKJ • SiR • Idris Elba • Parcels • JAIN • Soulection • Turnover • SALES • Stephan Bodzin • CloZee • ARIZONA  
Murda Beatz • Jambinai • Ame • CHON • Little Simz • Adriatique • Lee Burridge the Garden • Agoria  
Hop Along • shame • Superorganism • serpentwithfeet • Dokay • Steady Holiday  
Javiera Mena the Messthetics • the Red Pears • Heidi Lawden

## Ariana Grande

SUNDAY APRIL 14 & 21

Khalid • Zedd • Gesaffelstein • Bad Bunny • Dillon Francis • CHVRCHES • YG  
Cirez D • Playboi Carti • H.E.R. • Blood Orange • Pusha T • Unknown Mortal Orchestra • Kaytranada  
Gucci Gang • Jon Hopkins • SOFI TUKKER • Burna Boy • Lizzo • Dermot Kennedy • SOB x RBE • Clairo • NGHTMRE  
Perfume • boy pablo • Guy Gerber • HYUKOH • Emily King • Dennis Lloyd • Alice Merton • Shallou • 070 Shake • Soccer Mommy  
Rico Nasty • Cola Boyy • Wallows • Mansionair • Nocturnal Sunshine • Dusky • Yotto • Patrice Bäumel • Easy Life  
Jan Blomqvist • U.S. Girls • Iceage • Men I Trust • Charlotte de Witte • Social House  
Ocho Ojos • Razorbumps • Tara Brooks

With large-scale art installations by

Francis Kéré • Office Kovacs • Dedo Vaho • Poetic Kinetics • Sophia Enriquez • NEWSUBSTANCE • Do LaB • Robert Rose



Once the lineup was released Twitter was immediately divided. Many happy that main stream artists will be performing while others are disappointed. One Twitter user by the name of Morg\_ant tweeted "I'm not really the person who gets excited over events like Coachella, but they have so many of my favorite artists for this year's lineup and it makes me v sad I don't have that type of money". @ProfessorWeck tweeted "The Coachella lineup sucks. Just another place for celebs to be seen, not listen to good music. Key word being "good" Many others tweeted that even though the lineup was not their favorite they would still be attending the festival.

Along with Ariana Grande other performers include Tame Impala, Childish Gambino and Bazzi just to name a few. The festival will also feature international artists. For example, Blackpink will be performing which is a K pop girl group. Also, J Balvin and Bad Bunny will be performing who are both Spanish artists. Passes for weekend one and weekend two have already sold out proving that while many don't love the lineup, many do.

# Grace Gives Way to Gambling: Two Nuns Admit to Embezzling Funds from Parochial School

 [theathenianprint.wordpress.com/2019/01/31/grace-gives-way-to-gambling-two-nuns-admit-to-embezzling-funds-from-parochial-school](http://theathenianprint.wordpress.com/2019/01/31/grace-gives-way-to-gambling-two-nuns-admit-to-embezzling-funds-from-parochial-school)  
View all posts by The Athenian Print

January 30, 2019

By Valerie Rose Vasquez

The days of the Catholic Church policing itself and its staff, including nuns and priests, could be coming to an end. Just last month the Archdiocese of Los Angeles reversed its prior decision not to prosecute two nuns, Sisters of St. Joseph of Carondelet, for embezzling around \$500,000 to allegedly underwrite gambling junkets to Las Vegas.

The nuns' remorse and the religious order's promise to repay what their Sisters Mary Margaret Kreuper and Lana Chang stole from St. James Catholic School was not enough to squash community outcry for justice by way of police investigation and prosecution.

An audit conducted in connection with the leadership change due to the retirement of Kreuper, principal at St. James for 28 years, revealed irregularities that lead to the discovery of embezzlement by the two nuns. Sister Chang taught eighth grade English for 20 years at the parochial school serving students kindergarten through eighth grade. The two nuns who made vows of poverty, chastity, and obedience attributed their widely known trips to Las Vegas to a rich uncle. Many parents at the school were outraged. Some are helping the police with the investigation by submitting cancelled checks meant for the school, but deposited into a long forgotten bank account opened in 1997. It turns out that the rich uncle has actually been the coffers of St. James School where teacher increases and programs for the children were denied for lack of funds under the leadership of Kreuper.

Mount St. Mary's University was founded by the CSJs in 1925, and many Sisters of St. Joseph live on campus in community at the Carondelet Center. Sister Darlene M. Kowulok, CSJ, D.Min, Associate Professor in Mount St. Mary University's Religious Studies Department, declined to comment on the matter but provided contact information for the Congregational Communications Director Kim Westerman who provided a statement confirming the investigation into financial misconduct and the sister's sorrow and admission of guilt. According to Westerman, "As a religious community we will not defend the actions of our Sisters. What happened is wrong. Our Sisters take full responsibility for the choices they made and are subject to the law."

MSMU University President Dr. Ann McElaney-Johnson said that the situation with the sisters is "terrible." She added, "My prayers go out to the parish and our Sisters of St. Joseph. I know that this has been very painful for all involved." Dr. McElaney-Johnson explained that MSMU has best practices and controls in place to safeguard against irregularities, overseen by VP of Administration and Finance Debra Martin, to protect the university from situations like that at St. James.

On Monday, Sgt. Ronald Harris confirmed that the investigation is still active and that the District Attorney's office will be able to provide information on potential punishment for the nuns when the investigation concludes and charges are filed.

According to spokeswoman for the order Westerman, "The Sisters of St. Joseph intend to make restitution to St. James School as soon as a total is known. Canonical Restrictions have been imposed. The two Sisters are removed from all public ministry. They have been removed from their residence, placed in a religious house under the supervision of community leadership, and their freedom of movement is confined."

Community concern prompted the Archdiocese to become a complaining party in the law enforcement investigation of the case after it had indicated it would not press charges.

In a letter to parishioners, St. James Monsignor Michael Myers wrote, "Sister Mary Margaret and Sister Lana have expressed to me and asked that I convey to you, the deep remorse they each feel for their actions and ask for your forgiveness and prayers. They and their Order pray that you have not lost trust or faith in the educators and administrators of the school."

# When It Feels Like an Ending

 [theathenianprint.wordpress.com/2018/11/12/when-it-feels-like-an-ending](http://theathenianprint.wordpress.com/2018/11/12/when-it-feels-like-an-ending)

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November 12, 2018

*Written by Delanie Davis, Staff Writer*

In recent days, it feels like certain cycles are coming to an abrupt halt. It is simply “that time of the year again.”

Fall is a time when growth seemingly depletes and we are found alone in our thoughts, while wilted blossoms and hardened leaves crunch beneath the soles of our feet. The light within ourselves has become dim due to our personal losses. As we approach the upcoming holiday season, when families usually come together, we welcome the memories of our loved ones that we have lost with open arms. We bask in the sweet delight of being able to say that we have lived another day. We are reminded how lonesome this time of the year can feel, despite being surrounded by family or friends whose souls live on.

Although what we are experiencing is an absence from the heart, there is a piercing message that ripples through to the core. *Make light of the time you still have.* Every ending comes with a spiritual rebirth that can be harnessed to excel ourselves past the places we never knew were achievable. I challenge you to think about all the aspects of your life and to see where you can grow through your obstacles. Look at the bad and find what is good. There is a collateral beauty that we can gain when we analyze traumatizing predicaments in a cognitive way.

In 2016, a lightning strike in Norway sent 323 reindeer to their grave. Norwegian officials said that “they had never seen a case like it before.” An updated report later shared that these carcasses left a remarkable impact on the piece of land that they died on. A group of scientists set up a lab in the field and observed what kinds of scavengers came and left droppings. They found out that their droppings contained crowberry seedlings. The nutrients found in their carcasses made it possible for these plants to flourish, which would normally not survive in a place like Norway. Despite the great loss of reindeer, something spectacular occurred in nature: the rebirth of nature through the seedlings. This is what we call the circle of life.

Though it may feel like tragedy is luring us down a never-ending spiral staircase of despair and grief at times, we cannot simply close the book because a chapter has ended. There is a greater loss when going down a staircase is much easier than going up one.

This is only the beginning.

***This article was originally posted on Delanie's personal blog, called Daily Dose of Delanie. Click here to take a look at Delanie's other blog posts.***

# Late Night Thoughts

 [theathenianprint.wordpress.com/2018/10/13/late-night-thoughts](http://theathenianprint.wordpress.com/2018/10/13/late-night-thoughts)

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October 12, 2018

***Written by Brytanya Le, Vice President / Editor-in-Chief***

I recall my mom telling me to count sheep,

While I lie awake in my suite.

I'm trying so hard to sleep.

Outside my room, I hear a soft peep.

Or is it the sound of feet?

I recall my mom telling me to count sheep.

Maybe it is just someone's Jeep.

Their radio's blasting a catchy beat.

I'm trying so hard to sleep.

The hill I live on is very steep,

And right below my suite is a street.

I recall my mom telling me to count sheep.

I can hear someone loudly weep

Because they have nothing to eat.

I'm trying so hard to sleep.

I wish that I'm already asleep.

But sadly, it's no easy feat.

I recall my mom telling me to count sheep.

I'm trying so hard to sleep.

*This poem is also featured in the September 2018 issue of The Carondelet Gazette, a monthly electronic publication by the Mount's Honors Program. To learn more about the Honors Program, follow @msmu\_honors on Instagram and check out the MSMU website!*

Advertisements

# Culver City Art Walk and Roll Festival

[theathenianprint.wordpress.com/2018/10/10/culver-city-art-walk-and-roll-festival](http://theathenianprint.wordpress.com/2018/10/10/culver-city-art-walk-and-roll-festival)

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October 9, 2018



© Photo by Natalia Monroy-Jogestedt  
*Written by Natalia Monroy-Jogestedt, Staff Writer*

This past weekend, Culver City held its annual Art Walk and Roll event on Washington Boulevard, in the Arts District. Visitors were welcomed from all over Culver City and its neighboring areas to experience an eclectic display of art, music, food, and activities for people of all ages.

Local artists took this opportunity to display their works, while other vendors provided visitors with free samples and information about various products, such as natural-fiber clothing to produce-delivery services.

My family and I attended the Art Walk for the first time this year, and we were pleasantly surprised to find a little bit of something for everyone. My brother is a car enthusiast and he had the chance to speak with the operator of a new electric car-renting hub located in Culver City. He was also able to check out some new up and coming cars. My mom and grandmother purchased new jewelry crafted by local artisans. My step-dad invested in some organic produce and biotic drinks offered by local farmers markets.

Since I am an art major at Mount Saint Mary's University, I was able to connect with local artists and get some ideas about ways to market myself and my work. Meeting them has inspired me to have my own booth there someday.

With events and projects like the Art Walk and Roll, Culver City is quickly gaining a reputation as one of Southern California's premier art communities. Keep an eye on the Culver City community calendar for future events, so you can get the chance to participate in some artsy fun too!

***All photos were taken by Natalia Monroy-Jogestedt.***